

2017 Flathead County 4-H Foods Fair “Back in the Heyday”

Celebrate the good ol’ days as Flathead County 4-H’s Centennial year kicks off with the 4-H Foods Fair! Members show off their best culinary skills and 4-H clubs from across the county compete for best display in this year’s theme, “Back in the Heyday.”

Everyone is welcome to join the fun!! Even if you don’t make anything, come out and join us!!

**Foods Fair will take place
January 21st at the
Kalispell Center Mall**

Everything in place by 9:00, Judging Begins at 9:30

**Entry forms will be posted on the
Flathead County Extension website
soon.**



You can make one or two items, but each needs to come from two different categories below (other than adults & cloverbud).

- 1) Main Dishes
- 2) Soups/Stews/Chowders
- 3) Cloverbuds
- 4) Side Dishes
- 5) Salads
- 6) Appetizers
- 7) Gluten Free
- 8) Cookies
- 9) Beverages

- 10) Pies
- 11) Other Desserts
- 12) Baked Cakes from Scratch
- 13) Decorated Cakes/Cupcakes
- 14) Yeast Breads
- 15) Quick Breads
- 16) Snacks
- 17) Candies
- 18) Adults

If you have something you would like to add to the monthly newsletter, email Ben by the 20th of each month

Benjamin.frentsos@montana.edu



Rocky Mountain Blue Ribbon will host Cloverbuds on January 17th from 5:30-7:00 in the 4-H building at the Fairgrounds. The meeting is open to any 4-H Cloverbud age member in Flathead County. New enrollments are also welcome at the meeting. For more information please contact Kim Morrison kimb Morrison06@gmail.com or the Extension Office.

We are looking for other clubs to help support the Cloverbuds in Flathead County. Each month a different club is asked to lead a Cloverbud meeting. Meetings will take place on the 3rd Tuesday of each month from 5:30—7:00 at the Fairgrounds. Country Cousins has offered to take the month of February. Thank you! If you are a 4-H Leader and interested in helping out, please contact Ben at the Extension Office.

Attention 4-H Community. If you're a 4-H Leader, want to become one, or know someone who does, the Cloverbuds are looking for a committed leader. Contact the Extension office to help out.

Challenge!!

We are asking each member to donate \$20.17 to the Flathead 4-H Foundation for the Centennial. This is an excellent way to support the 4-H program and celebrate 100 years of 4-H in Flathead County!

2017 4-H Interstate Exchange

Next meeting for ALL those interested in joining

January 22 @ 7:00pm at the 4-H Building, Fairgrounds



2017 Montana 4-H Legislative Breakfast

The Montana 4-H Citizenship Seminar and the Legislative Breakfast will take place **January 15-17, 2017** in Helena at the Radisson Colonial Hotel. If you want to attend both you must register for both. You must register through 4-H Online.

For more information go to www.flathead.mt.gov/extension/downloadads.

Application deadline for Legislative Breakfast is **January 9**



Happy New Year



The Centennial 4-H Recipe Books are here and are available at the Extension Office or by the case from DeAnn Dutton (406-431-4612). The price will be \$14/book and we are going to wholesale them to stores for \$10/book. They are available at the following businesses CHS, Ace Hardware (Meridian), Big Sky Antiques (Whitefish), and maybe Murdoch's. To make it easier to keep track of recipe books we will be asking each leader, member, or person to purchase the books at time of pick up, except for the clubs that are selling them at a Centennial event over the 2017 4-H year, which then there will be a sign out sheet for those recipe books.

I would like to say thank you to all the 4-H Clubs who sold recipe books at Murdoch's this Christmas Season.

SAVE THE DATE

Montana 4-H Horse and Livestock Youth & Leaders Forum

March 24, 25, 26, 2017

Red Lion Inn, Kalispell MT

Watch for Registration Materials by February

AT the Horse & Livestock Forum You Will:

- Ø Network with other Youth and Volunteers from around the state.
- Ø Intro into Livestock and Small Animal Care & Knowledge.
- Ø Youth Activities, forums, Dance, Skill-A-Thon
- Ø Interactive tours in project related facilities

Obtain new ideas and inspiration to take back to your county!!

Start your fund-raising NOW To Attend!!

Livestock Quality Assurance (LQA) & Seminars

All 4-H members doing livestock projects must attend LQA
once as a junior and once as a senior.
(Jr. members = 8-12; Sr. members = 13-18 as of Oct. 1, 2016)

LQA trainings will be combined with species seminars.

Hog LQA Seminar—Thursday February 23rd, Time & Location to be announced
Sheep LQA Seminar—Friday, March 24th 5:30 pm, Fairgrounds Country Kitchen



Livestock Quality Assurance for Youth Producers

Objective: Assist youth in understanding their role as producers in the food supply chain and their responsibility to produce a safe food product while caring for animals in an ethical manner.

Why Quality Assurance

- Improves Care and Management of Livestock
- Instills Legal, Moral, and Ethical Production
- Provides Safe Food for Consumers
- Maintains Public Trust and Confidence

Reminder

If you received an award at the 2016 Fair, please remember to thank the sponsor.

Recognizing those who give to 4-H helps to ensure their



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

4-H Horse Clinics 2017

Come join the 2017 4-H Packing Class!! Learn how to pack your stock into the back country, as well as what you will need to know to ride some of the most beautiful trails in the country.

In 4-H Packing you will learn the art of packing, Leave No Trace, Defensive Horse Safety and How to prepare your stock for the trails. There will be 5 Clinics starting on Sunday January 22, 2017. All of the clinics will be held at Whitefish Equestrian Center at 555 Twin Bridges Road, Whitefish, MT. We will have an excellent facility which includes an indoor arena, a wonderful classroom, 2 outside arenas and trails that immediately adjoin the property.

To participate in 4-H Packing you must have completed Level 1 Horsemanship or you may test(assess) out of Level 1 Horsemanship. This will need to be done prior to Clinic II. For those needing to be assessed on Level 1 Horsemanship we will be offering assessments at Clinic I. Please sign up by January 15, 2017.

Those completing the program will have the opportunity to go on an overnight pack trip or an overnight trailhead camping event. Level 3 and up 4-H Packing members may also participate in some of the NorthWest Montana Back Country Horsemen packing project in the summer of 2017.

For more information contact Rick Mathies at 406-752-2209 or ramathies@centurytel.net.

The 4-H Packing Clinic Schedule is as follows:

Clinic I – Sunday January 22 –

Introduction to Packing - 1:00pm to 3:00pm

Level 1 Assessments – 3:00pm

Clinic II – Sunday February 19 –

Loading, Manting, Knots, Highline, hands on with Barrel Horses

1:00 pm to 5:00pm

Clinic III – Sunday March 12 -

Riding and Pack Stock in Trail Riding Course

Packing Training, building loads and balancing loads

Knots and Hitches Level 4 and 5 Training 10:00am to 4:30pm

Clinic IV – Sunday April 23-

Building and balancing loads, loading pack stock and putting them through the Trail Riding Course.

Level 4 and Level 5 Training

9:00am to 3:00pm

Clinic V – Sunday May 21-

Final Assessments and Evaluations as needed

Quick Release Knots, High lining, Trip Planning, Trailer Loading

Weather permitting a trail ride from the location with pack stock for those qualified.



Update from the Horse Committee

2017 horse clinic topics are as follows:

- ⇒ Horse Judging: Ashley Lau (TBD)
- ⇒ Packing: Packing Leaders (Dates: 1/22, 2/19, 3/12, 4/23, Assessment 5/21) at Whitefish Equestrian Center.
- ⇒ Horse and Livestock Forum: Codi Sorensen, March 25-27
- ⇒ English Clinic: Sally Roehletter (April)
- ⇒ Horse Camp: May 5-7, 2017
- ⇒ Golden Spurs: Heidi Diegel (Late Jan or Feb.)
- ⇒ Bit of Difference Horsemanship Clinic: (May)

18 USC 707



March 31st - April 2nd
Sacred Heart School. Miles City, Montana

Montana 4-H Recreation Lab provides an opportunity for youth ages 13-19 to enhance their leadership, communication and team building skills in an action packed and interactive setting.



MONTANA
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EXTENSION



Montana State University Extension is an ADA/EO/AA/V eteran's
 Preference Employer and Provider of Educational Outreach.

LEARN TO SHOW LIKE A PRO!



Lamb showmanship with hands on instruction. All participants need to bring a lamb to work with. Other instruction will include feed & management, show prep, training techniques, fitting demo (if time allows), and a practice what you learned show!

Boatman Club Lambs are highly regarded in the Pacific Northwest, and throughout the nation, as premier sheep breeders and what we like to call, "kid builders." Boatman lambs and showmen have had success nationwide in market, breeding and showmanship classes and WE'RE BRINGING THEM TO YOU!

We are offering two options to attend the clinic - June 10 or June 11, 2017 - 9am-4pm. The cost of the clinic is \$75 with a t-shirt and lunch or \$60 with lunch only. Exhibitors who bring a sponsor of \$100 or greater will not be charged a clinic fee. Sponsorship money must be received by the Flathead County Sheep Committee by February 28, 2017. Please contact **Kim Morrison at 314-3732** or **Inga Lake at 261-3807** for more information.

Every champion and reserve champion sheep showman at the 2016 NW Montana Fair attended this clinic in 2016. Opportunity is knocking....don't be afraid to answer the door.

ATTENTION SENIOR 4-H MEMBERS!!!

Youth members needed as
 Foundation Board Members,
 contact the Extension Office for more
 information.



Youth Ambassadors

Take a leadership role in 4-H
 and develop your talents as a
 youth leader.

January 25th, 6:30pm
4-H Building, Fairgrounds

For more information
 contact
Sam Braaten 406-253-7771



Upcoming 4-H Council Events:

The council is an open forum for any 4-H members or adults to attend. **Each club has two voting delegates.** When considering the ideal make-up of the voting body of our 4-H Council, it is recommended that each club send at least one voting youth and one voting adult representative to act on behalf of the club. However, if that isn't possible each club will still have two votes per club.



4-H Council

See you on Jan. 19th at 5:45 in the 4-H Building on the Fairgrounds.

Upcoming 4-H Foundation Events:



Upcoming 4-H Foundation Events:

- The next 4-H Foundation meeting is scheduled for **Jan. 3rd at 5:30** in the Extension Office conference room.
- The Annual Meeting will be on January 24th at the Country Kitchen, open to all 4-H members and leaders; there will be discussion and voting on Foundation by-laws, term limits, committee reports and budgets.

Please join us!

Western Region Leaders' Forum 2017

(Specific to: 4-H Leaders)

This will be the first time Western Regional Leaders' Forum (WRLF) will be held outside the United States, and 4-H Alberta intends to show all attendees what Canadian hospitality is all about!

From across Canada and the western United States, adult 4-H leaders, volunteers, and staff, along with 4-H teen members (15+ years of age) will gather at the Shaw Conference Centre in Edmonton from March 16-18, 2017. Together, these leaders will participate in a conference highlighting community, opportunity, and, of course, friendship. Don't miss your chance to support the future of 4-H, and be part of the conversation that will help strengthen thousands of rural communities across North America.

Registration Deadlines:

Early Bird: December 31, 2016

Regular: January 20, 2017

Late: February 15, 2017

Register today to secure your spot:

<http://4hab100.ca/events/>





Upcoming 4-H Meetings and Special Events



Upcoming Activities & Other Meetings

- ♦ Legislative Breakfast App. Due: *January 9*
- ♦ Cloverbuds: *January 17*
- ♦ Foods Fair: *January 21*
- ♦ Interstate Exchange Meeting: *January 22*
- ♦ Ambassadors Meeting: *January 25*
- ♦ See the body of the Newsletter for the rest of the dates and times of Activities and Meetings.

Forums, Committees & Councils

- **4-H Council:** *Thursday January 19 at 5:45pm in the 4-H Building on the Fairgrounds.*
- **4-H Foundation:** *Tuesday, January 3 at 5:30pm in the Extension office conference room.*
- **4-H Foundation Annual Meeting:** *Tuesday, January 24th, Country Kitchen, Fairgrounds.*

REMINDER

Dee goes to lunch every day from 1-2pm, so many times the Extension office doors are locked during that time. She also has occasional meetings for the county. If you need special accommodations or a guaranteed meeting with someone, please feel free to call ahead and make an appointment.
758-5553

Out to LUNCH!

Enroll in 4-H Online!!

Go to
<https://mt.4honline.com> to re-enroll or to enroll a new family. Instructions are found at flathead.mt.gov/extension/downloads.

Payments must be made at the Extension Office before enrollment can be approved. Some forms will still be needed in the Extension office.

Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be **closed December 26th—30th** for Christmas and **January 2nd for New Years**. If you need personal attention please call for an appointment. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

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State Web Sites:

www.msuextension.org

www.montana4h.org

Baked Fish with Creole Sauce

Prep: 20 mins. Cook: 20-30 minutes

Ingredients

- 1 pound fish fillets (fresh or frozen, unbreaded)
- 1/2 onion (thinly sliced)
- 1/2 green pepper (thinly sliced)
- 1 can tomato sauce (8 ounce)
- 1 teaspoon chili powder
- 1/8 teaspoon pepper
- 1/4 teaspoon salt (optional)



Directions

- 1) Thaw fish in refrigerator overnight.
- 2) Preheat oven to 375°F.
- 3) Arrange fish in a single layer in baking dish.
- 4) Top fish with onion and pepper slices.
- 5) In a separate bowl, mix tomato sauce, chili powder, salt, and pepper.
- 6) Pour tomato sauce mixture over fish and vegetables.
- 7) Cover dish and bake until fish flakes easily with a fork (20-30 minutes).
- 8) Refrigerate leftovers.

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provides the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.